



## Sexual Health Education Grades K-2

# Sexual Health Education Curriculum Grades K-2

The following lessons have been created to meet the sexual health education needs of students in Kindergarten through 2<sup>nd</sup> grade.

### **Alignment with National Standards**

Chicago Public Schools (CPS) and the Office of Student Health and Wellness (OSHW) have created this lesson sequence to align with the National Sexuality Education Standards (NSES) that were developed by the Future of Sex Education (FoSE). Lessons address standards in the topic areas of; anatomy and physiology, identity, pregnancy and reproduction, healthy relationships, and personal safety. The NSES provides a framework to address the essential minimum requirements for comprehensive sexual health education. By addressing each of these standards within the context of the following lessons, CPS ensures that key components of student's health and development are addressed.

Standards met within the context of individual lessons are listed at the top of each lesson plan. Further tracking by standards can be found within the document "NSES Tracking by Grade Level".

### **Meeting CPS Policy**

In compliance with CPS Sexual Health Education Policy, the lesson sequence for grades K-2 are; developmentally appropriate, support improved health outcomes for all students, focus on health promotion and risk reduction, are medically and scientifically accurate, holistic in approach, and consistent with state laws.

Through the use of essential classroom based lessons and activities, extended activities, and recommended resources, the lessons in this section succeed in meeting the minimum 300 minutes requirement for grades K-2.

The lesson plans for grades K-2 cover key concepts required to meet the national standards listed at the top of each lesson plan. The accumulation of these lesson plans may **not** meet the total minutes required per grade per year. Extension activities outlined at the end of some lesson plans build upon key concepts through group work, individual projects, group reading, and take-home activities that engage parents / guardians in the learning process. **All Extension activities are optional** however some may be needed to fulfill minute requirements. Educators should use the *Minutes Tracking by Grade and Topic Area* tool to assess whether the Extension Activities are needed to meet minimum teaching minute requirements.

### **Internet Safety Policy Alignment**

Common Sense Media is the adopted CPS curricula supported by the Office of Education Tools and Technology and fulfills CPS Policy 12-0627-PO2 and the Child Internet Protection Act. Common Sense Media lessons build on key concepts conveyed in the Sexual Health Education curriculum. Common



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Sense Media topics reinforce NSES and aid instructors in meeting the required teaching minutes outlined in the CPS Sexual Health Education Policy.

Prior to beginning the unit, educators should register for FREE access to Common Sense Media Curriculum at [www.commonsensemedia.org](http://www.commonsensemedia.org). The full scope and sequence of the curriculum can be found under the Digital Citizenship link under the Educators dropdown menu on Common Sense Media's homepage. Educators are encouraged to review the site and make use of additional teaching tools to fulfill CPS Policy 12-0627-PO2 and augment sexual health education.

### **Materials:**

Materials required for the completion of grades K-2 lessons include books and videos. Videos are available on Safari Montage or by contacting the Office of Student Health and Wellness at [SexualHealthEd@cps.edu](mailto:SexualHealthEd@cps.edu). Books required for the lessons and Extension Activities are available through Chicago Public Libraries and/or by contacting the Office of Student Health and Wellness at [SexualHealthEd@cps.edu](mailto:SexualHealthEd@cps.edu).

### **Lesson Sequencing**

It is recommended that lessons be implemented progressively by unit and grade as outlined below. However, based on the educator's assessment of baseline student knowledge on key topics and subjects, lessons from previous or subsequent lessons may be used to augment the recommended unit/lesson. **All grade levels and lessons are available to all teachers for use.**

### **Units and Lessons**

The following lessons comprise the K-2 Sexual Health Education curriculum:

#### **Kindergarten**

Lesson 1: Private vs. Public – Students identify public and private body parts using medically-accurate vocabulary.

Lesson 2: Good Touch, Bad Touch – Students learn that no one is allowed to touch their private parts without permission.

Lesson 3: Good Secrets, Bad Secrets– Students learn strategies for telling a trusted adult about a secret that makes them scared or uncomfortable.

Lesson 4: Smart About Strangers – Students learn tips for staying safe online and in the real world.

#### **1<sup>st</sup> grade**

Lesson 1: Respecting Individuals – Students use creative drawing to show that everyone is a unique individual who deserves dignity and respect.

Lesson 2: Families – Students identify diverse family structures and brainstorm ways to treat all families with respect.

Lesson 3: Families Change – Students explore ways a family can change and how to handle feelings that come with a changing family.



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Lesson 4: Bullying – Students identify forms of bullying and what to do if they or a classmate is being bullied.

### **2<sup>nd</sup> Grade**

Lesson 1: My Body – Students learn about the parts of the human body.

Lesson 2: All Living Things Reproduce – Students identify characteristics of all living things and study the life cycle of a frog.

Lesson 3: Gender and Identity – Students role play strategies for breaking down gender stereotypes and learn to treat all people in their community with respect.

Lesson 4: Keeping My Body Healthy – Students practice infection control strategies for staying healthy.

### **Evaluation**

Students in grades K-2 are evaluated based on their understanding of key concepts, vocabulary, and facts from the lessons. Each lesson provides points of evaluation for educators to consider. Unit tests for each grade level provide a quantitative evaluation of student knowledge.

### **Lessons Written By**

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Grade 1 Lesson 4: Bullying written by:

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